

6-7-1974

UA19/17/1 1974 Hilltopper Track Media Guide

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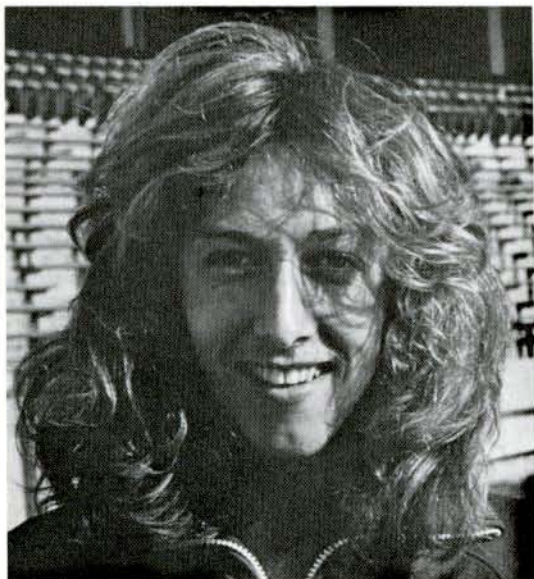
WESTERN KENTUCKY UNIVERSITY

1974 Hilltopper Track

COMPILED
ESPECIALLY FOR

1974 NCAA OUTDOOR
CHAMPIONSHIPS

June 7 and 8



NICK ROSE
Cross-Country
All-American



JESSE STUART
All-American Shot Putter

OHIO VALLEY CONFERENCE CHAMPIONS

1964 1965 1966 1967 1968 1969 1970 1971 1972 1973 1974

1974
WESTERN KENTUCKY UNIVERSITY
NCAA Outdoor Track Championships Brochure

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Jerry Bean (Head Track Coach)

Lloyd Kolker (Assistant Track Coach)

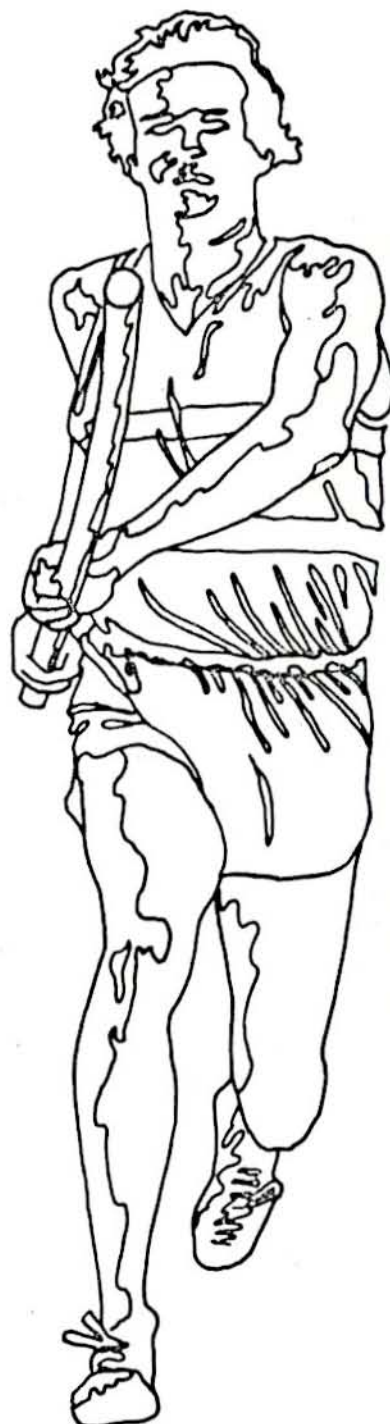
NCAA Qualifiers: Tony Staynings
Jesse Stuart
Bobby Ware
Robert Dudley
Emmett Briggs
Ross Munro
Nick Rose
Chuck Durrant
Chris Ridler
Virgil Livers
Larry Prochazka
David Jaggers
Louis DeFreeze

1974 Season Best
Track Records

Compiled
by

Western Kentucky University
Office of Public Affairs
Especially For
1974 NCAA Outdoor
Championships

June 7 and 8



WESTERN KENTUCKY UNIVERSITY

Western Kentucky University was established by an act of the Legislature of Kentucky in 1906. The act provided for the transferring of Southern Normal School, whose president was Dr. H.H. Cherry, to the State. Upon the transferral, he became the first president of Western Kentucky State Normal School. In 1911, the young state institution was moved from the site of Southern Normal School to College Heights, its present location.

In 1922 the school's name was changed to Western Kentucky State Normal School and Teachers College; in 1930 to Western Kentucky State Teachers College; in 1948 to Western Kentucky State College. In June, 1963, Western absorbed the Bowling Green College of Commerce and in 1964 the Bowling Green College of Commerce and the Graduate School were formed as two separate colleges within Western's structure.

In June, 1965, Western's Board of Regents approved the formation of three other new colleges, the College of Education, the Potter College of Arts and Humanities, and the Ogden College of Science and Technology, creating a total of five colleges within Western's framework. The Kentucky General Assembly designated the school as a university and changed its name to Western Kentucky University on February 6, 1966. In 1969 the Board of Regents approved the formation of a sixth college, the College of Applied Arts and Health.

Western was originally created for the sole purpose of training teachers for the elementary and secondary schools of Kentucky, but has steadily increased the scope of its academic programs to meet the expanding needs of its students. The University now offers six four-year undergraduate degrees, three two-year undergraduate degrees, and eleven graduate degrees, with course offerings leading to fifty majors and more than forty-five minors.

Western's enrollment this spring was 11,736 students--or about seven times the enrollment of only 15 years ago. The growth of the University's physical facilities, guided by a carefully organized long-range development plan, is also one of unparalleled magnitude in Western's history.

As the 1973-74 academic year ended, Western's physical plant consisted of more than 60 buildings worth more than \$94 million. The new Ivan Wilson Center for Fine Arts was completed last year and an Environmental Science and Technology Building is on the way to becoming a reality.

Western's campus of more than 200 acres is recognized as one of the most beautiful in the nation. It is crowned by a commanding hill from which Hilltopper athletic teams derive their nickname. It affords a view of the University from almost any approach to the city of Bowling Green, a community of approximately 42,000 people.

UNIVERSITY INFORMATION

Location: Bowling Green, Kentucky

Conference: Ohio Valley, NCAA

Nickname: Hilltoppers

Colors: Red and White

President: Dr. Dero G. Downing

Enrollment: 11,736

Chairman, University Athletic Committee: Dr. John Minton

Athletic Director: John Oldham

Track Coach: Jerry Bean

Assistant Track Coach: Lloyd Kolker

--FOR INFORMATION ON ALL SPORTS--

Assistant Public Relations Director: Ed Given--Phone (745-4295)

WESTERN KENTUCKY UNIVERSITY
1974 Outdoor Track Results

Mar. 23-Memphis State Invitational (At Memphis, Tenn.)

100-yard Dash: Bobby Ware, first (9.4)
Mile Run: Nick Rose, first (4:09.2)
Ross Munro, second (4:12.6)
Three-Mile Run: Nick Rose, first (14:06.2)
Tony Staynings, first (14:06.2)
Ross Munro, third (14:08.5)
Shot Put: Jesse Stuart, first (57-9)
Doug Langdon, sixth (47-9)
High Jump: Craig Tonnemacher, first (6-6)
3000-Meter Steeplechase: Tony Staynings, second (9:08.5)
Joe Tinius, fifth (9:40.1)
Steve Smith, sixth (9:40.2)
Six-Mile Run: Chris Ridler, second (29:34.2)
Discus: Doug Langdon, third (150-9)
Javelin: Larry Prochazka, third (192-5)
Triple Jump: Emmett Briggs, third (50-1)
Audrey Johnson, fifth (47-8)
Long Jump: Emmett Briggs, sixth (22-11)
880-yard Run: David Jagers, fifth (1:53.5)
120-yard High Hurdles: Bobby Payne, fourth (14.8)
Joey Ammerman, fifth (15.4)
Tim Lawrence, sixth (15.6)
Mile Relay: Harry Bartling, David Jagers, Swag Hartel and Louis
DeFreeze, fifth (3:29.4)

Mar. 30-Western 103, Northwestern University 38 (At Bowling Green, Ky.)

Six-Mile Run: Steve Smith, first (31:20.1)
Shot Put: Jesse Stuart, first (60-5½)
Doug Langdon, second (46-10)
Jim Blair, third (45-6)
High Jump: Craig Tonnemacher, first (6-6)
Chuck Durrant, second (6-4)
Ron Kuhn, third (6-2)
Javelin: Larry Prochazka, first (172-5 3/4)
Kyle Pierce, second (153-0)
Doug Langdon, third (132-7½)
Long Jump: Emmett Briggs, first (23-7½)
Audrey Johnson, second (22-0)
Kenny Waller, third (20-8)
440-yard Relay: Bobby Ware, Dwight Grooms, Robert Dudley and Virgil
Livers, first (41.4)
Mile Run: Ross Munro, first (4:14.4)
Tony Staynings, second (4:17.2)
120-yard High Hurdles: Bobby Payne, first (14.3)
Tim Lawrence, second (15.1)
Triple Jump: Emmett Briggs, first (48-11 3/4)
Kenny Waller, second (45-11)
Audrey Johnson, third (45-1½)
440-yard Dash: Harry Bartling, third (50.5)
Discus: Doug Langdon, first (157-11)
Lynn Granay, second (131-11)
Skip Sayres, third (115-9)
100-yard Dash: Bobby Ware, first (9.25)
Virgil Livers, third (9.6)
880-yard Dash: David Jagers, first (1:53.1)
Louis DeFreeze, third (1:57.4)

440-yard Intermediate Hurdles: Bobby Payne, second (57.2)
 Scott King, third (59.1)

220-yard Dash: Bobby Ware, first (22.0)
 Robert Dudley, third (22.7)

Three-Mile Run: Nick Rose, first (14:13.8)
 Chris Ridler, first (14:13.8)
 Ross Munro, third (14:23.3)

Apr. 6-Western 88, Murray State University 52 (At Murray, Ky.)
 Western 96, Memphis State University 45

440-yard Relay: Robert Ware, Mike McCoy, Robert Dudley and Virgil
 Livers, first (41.2)

Mile Run: Nick Rose, first (4:12.3)
 Joe Tinius, fourth (4:16.7)

120-yard High Hurdles: Bobby Payne, first (15.0)
 Joey Ammerman, fourth (15.5)

440-yard Dash: Harry Bartling, second (48.9)

Javelin: Larry Prochazka, third (195-3)

Long Jump: Emmett Briggs, first (24-8)
 Audrey Johnson, fourth (22-9)

100-yard Dash: Bobby Ware, first (9.5)
 Robert Dudley, third (9.8)

880-yard Dash: David Jagers, first (1:53.4)
 Louis DeFreeze, second (1:54.6)
 Nick Rose, third (1:55.3)

440-yard Intermediate Hurdles: Bobby Payne, third (58.5)
 Scott King, fourth (59.4)

High Jump: Chuck Durrant, first (6-8)
 Craig Tonnemacher, third (6-4)

220-yard Dash: Bobby Ware, third (22.2)
 Dwight Grooms, fourth (22.3)

Discus: Doug Langdon, first (159-6)
 Jesse Stuart, third (154-9½)
 Lynn Granay, fourth (131-4½)

Shot Put: Jesse Stuart, first (61-0)
 Doug Langdon, third (48-8½)

Three-Mile Run: Tony Staynings, first (13:26.4)
 Ross Munro, third (13:42.6)

Triple Jump: Emmett Briggs, first (51-½)
 Kenny Waller, fourth (45-8)

Apr. 12-13-Dogwood Relays (At Knoxville, Tenn.)

100-yard Dash: Robert Dudley, third (9.5)

Four-Mile Relay: Joe Tinius, Tony Staynings, Ross Munro and Nick
 Rose, second (16:32.5)

440-yard Relay: Virgil Livers, Donald Thornton, Robert Dudley and
 Robert Ware, third (40.6)

880-yard Relay: Harry Bartling, Virgil Livers, Robert Dudley and
 Donald Thornton, sixth (1:27.7)

Mile Relay: Harry Bartling, Louis DeFreeze, David Jagers and
 Donald Thornton, fifth (3:15.6)

Distance Medley Relay: David Jagers, Harry Bartling, Ross Munro
 and Nick Rose, third (9:44.3)

Long Jump: Emmett Briggs, seventh (24-0)

Triple Jump: Emmett Briggs, third (50-6½)

Shot Put: Jesse Stuart, first (62-1½)

High Jump: Chuck Dirrant, sixth (6-8)

3000-Meter Steeplechase: Tony Staynings, second (8:40.6)

Apr. 19-Kansas Relays (At Lawrence, Kan.)

Shot Put: Jesse Stuart, first (64-5½)

- Apr. 20-Western 88, Eastern Kentucky University 57 (At Richmond, Ky.)
- 440-yard Relay: Virgil Livers, Harry Bartling, Robert Dudley and Dwight Grooms, first (41.9)
- Mile Run: Nick Rose, first (4:17.8)
 Ross Munro, first (4:17.8)
 Tony Staynings, first (4:17.8)
- 120-yard High Hurdles: Bobby Payne, first (14.6)
 Joey Ammerman, second (15.1)
- 440-yard Dash: Harry Bartling, third (49.1)
- Long Jump: Emmett Briggs, first (22-6)
 Audrey Johnson, second (22-0)
 Kenny Waller, third (20-9)
- Shot Put: Doug Langdon, third (47-9)
- 100-yard Dash: Virgil Livers, first (9.8)
 Dwight Grooms, second (9.8)
 Robert Dudley, third (9.9)
- 880-yard Run: David Jagers, first (1:52.7)
 Swag Hartel, second (1:53.1)
- Pole Vault: Bobby Sandidge, second (14-0)
- 440-yard Intermediate Hurdles: Bobby Payne, third (56.3)
- Javelin: Larry Prochazka, second (191-5)
 Chuck Durrant, third (175-10)
- 220-yard Dash: Robert Dudley, second (22.1)
- High Jump: Chuck Durrant, first (6-8)
- Triple Jump: Emmett Briggs, first (50-3 3/4)
 Kenny Waller, second (47-5)
 Audrey Johnson, third (46-3 3/4)
- Three-Mile Run: Tony Staynings, first (14:29.7)
 Ross Munro, second (14:29.8)
- Mile Relay: Harry Bartling, Louis DeFreeze, David Jagers and Donald Thornton, second (3:22.3)
- Discus: Doug Langdon, first (167-3)
- Apr. 26-27 Drake Relays (At Des Moines, Iowa)
- Four-Mile Relay: Joe Tinius, Ross Munro, Tony Staynings and Nick Rose, second (16:25.5)
- Shot Put: Jesse Stuart, first (64-2 1/2)
- Long Jump: Emmett Briggs (22-11)
- 100-yard Dash: Robert Ware, fifth (9.5)
- Triple Jump: Emmett Briggs, sixth (50-9)
- 3000-Meter Steeplechase: Tony Staynings, third (9:01)
- May 1-Western 121 1/2, Southeast Missouri State University 22 1/2 (At Bowling Green)
- Shot Put: Jesse Stuart, first (61-4)
 Doug Langdon, third (46-4 1/2)
- Long Jump: Emmett Briggs, first (23-3)
 Audrey Johnson, second (22-9 3/4)
- Javelin: Larry Prochazka, second (183-9)
 Chuck Durrant, third (175-9 1/2)
- 440-yard Relay: Virgil Livers, Donald Thornton, Robert Dudley and Bobby Ware, first (41.0)
- High Jump: Chuck Durrant, first (6-9)
 Craig Tonnemacher, second (6-9)
 Ron Kuhn, third (6-5)
- Mile Run: Joe Tinius, first (4:14.2)
 Tony Staynings, second (4:16.2)
- 120-yard High Hurdles: Bobby Payne, first (14.6)
- Pole Vault: Bobby Sandidge, first (14-6)
 Mark Norsworthy, second (13-6)
- 440-yard Dash: Donald Thornton, first (47.9)
 Harry Bartling, second (48.95)
 Louis DeFreeze, third (49.8)

100-yard Dash: Bobby Ware, first (9.5)
 Robert Dudley, second (9.6)
 Discus: Doug Langdon, first (167-2)
 Jesse Stuart, second (156-11½)
 880-yard Run: David Jagers, first (1:51.8)
 Nick Rose, second (1:53.0)
 Swag Hartel, second (1:53.0)
 Triple Jump: Emmett Briggs, first (48-8½)
 Kenny Waller, second (47-8½)
 Audrey Johnson, third (46-5½)
 440-yard Intermediate Hurdles: Bobby Payne, first (56.5)
 220-yard Dash: Bobby Ware, first (21.4)
 Robert Dudley, second (21.7)
 Dwight Grooms, third (21.7)
 Three-Mile Run: Chris Ridler, first (14:24.2)
 Joe Tinius, second (14:37.5)
 Steve Smith, third (15:05.2)
 Mile Relay: David Jagers, Louis DeFreeze, Donald Thornton and
 Harry Bartling, first (3:15.6)
 May 11-Tom Black Classic (At Knoxville, Tenn.)
 Triple Jump: Ken Waller, fourth (48-9½)
 120-yard High Hurdles: Bobby Payne, fifth (14.3)
 High Jump: Chuck Durrant, second (6-9)
 Ron Kuhn, fifth (6-5)
 Long Jump: Emmett Briggs, fourth (23-11 3/4)
 Discus: Doug Langdon, first (163-5½)
 Three-Mile Run: Tony Staynings, first (13:14.4)
 Nick Rose, second (13:15.9)
 May 17-18-Ohio Valley Conference Championship (At Murray, Ky.)
 Shot Put: Jesse Stuart, first (64-2)
 Javelin: Larry Prochazka, first (215-4)
 Long Jump: Emmett Briggs, third (24-5½)
 High Jump: Chuck Durrant, first (6-11½)
 440-yard Relay: Virgil Livers, Donald Thornton, Robert Dudley and
 Bobby Ware, first (41.1)
 Mile Run: Nick Rose, first (4:02.6)
 Ross Munro, second (4:03.5)
 Joe Tinius, sixth (4:09.7)
 120-yard High Hurdles: Bobby Payne, first (14.4)
 440-yard Dash: Donald Thornton, fifth (48.2)
 100-yard Dash: Bobby Ware, third (9.4)
 Robert Dudley, fourth (9.5)
 Virgil Livers, sixth (9.6)
 Triple Jump: Emmett Briggs, second (51-5 3/4)
 Kenny Waller, fifth (48-5½)
 880-yard Run: David Jagers, first (1:49.9)
 Louis DeFreeze, second (1:50.1)
 Swag Hartel, fourth (1:53.1)
 220-yard Dash: Bobby Ware, second (21.2)
 Robert Dudley, fourth (21.6)
 Dwight Grooms, sixth (22.2)
 Discus: Doug Langdon, third (150-10)
 Three-Mile Run: Tony Staynings, second (13:47.0)
 Chris Ridler, fifth (14:01.8)
 Mile Relay: Harry Bartling, Louis DeFreeze, David Jagers and
 Donald Thornton, first (3:13.4)
 Pole Vault: Bobby Sandidge, second (14-6)

May 25-Memphis State Invitational (At Memphis, Tenn.)
 100-yard Dash: Bobby Ware, second (9.7)
 Virgil Livers, second (9.7)
 220-yard Dash: Virgil Livers, fourth (22.0)
 120-yard High Hurdles: Bobby Payne, third (14.8)
 880-yard Run: David Jagers, second (1:51.5)
 Mile Run: Nick Rose, first (4:03.2)
 Ross Munro, third (4:05.6)
 Three-Mile Run: Chris Ridler, first (13:44.1)
 Nick Rose, first (13:44.1)
 Joe Tinius, fourth (14:25.7)
 Long Jump: Emmett Briggs, fourth (23-4)
 Triple Jump: Emmett Briggs, third (49-4)
 Kenny Waller, fourth (47-1 3/4)
 Discus: Doug Langdon, third (161-1/2)
 Javelin: Larry Prochazka, first (239-5 1/2)
 High Jump: Chuck Durrant, third (6-8)
 Six-Mile Run: Tony Staynings, first (28:27.8)
 Ross Munro, second (31:36.2)
 440-yard Relay: Virgil Livers, Bobby Payne, Robert Dudley and
 Bobby Ware, second (41.9)
 May 31-U.S. Track and Field Federation Championship (At Wichita, Kan.)
 June 1 Shot Put-Jesse Stuart, third (66-2)

THE 1974 WESTERN TRACK IN REVIEW Record: 5-0

Dual Meet Scores			
<u>Date</u>	<u>WKU</u>	<u>Opponents</u>	<u>Site</u>
Mar. 30	Western 103,	Norhtwestern University 38	At Bowling Green, Ky.
Apr. 6	Western 88,	Murray State University 52	At Murray, Ky.
Apr. 6	Western 96,	Memphis State University 45	At Murray, Ky.
Apr. 20	Western 88,	Eastern Kentucky University 57	At Richmond, Ky.
May 1	Western 121 1/2,	Southeast Missouri State University 22 1/2	At Bowling Green, Ky.

OHIO VALLEY CONFERENCE CHAMPIONSHIP RESULTS May 17 and 18, 1974 At Murray, Ky.

1. WESTERN KENTUCKY UNIVERSITY	166
2. Middle Tennessee State University	107
3. Murray State University	64
4. Eastern Kentucky University	59 1/2
5. Austin Peay State University	54 1/2
6. Tennessee Tech	36 1/2
7. East Tennessee State University	24
8. Morehead State University	15 1/2

NON-SCORING MEETS

Mar. 23-Memphis State Invitational (At Memphis, Tenn.)
 Apr. 13-Dogwood Relays (Knoxville, Tenn.)
 Apr. 19-Kansas Relays (At Lawrence, Kan.)
 Apr. 27-Drake Relays (At Des Moines, Iowa)
 May 11-Tom Black Classic (Knoxville, Tenn.)
 May 25-Memphis State Invitational (At Memphis, Tenn.)
 June 1-USTFF (At Wichita, Kan.)

WESTERN KENTUCKY UNIVERSITY
OUTLOOK FOR 1974 NCAA OUTDOOR TRACK CHAMPIONSHIP

When Jerry Bean became head track coach at Western Kentucky University in 1971, he set a number of goals for the Hilltopper program, one of which was to make his team a national power.

The Hilltopper track machine may not have attained that status yet, but it could be well on the way.

Bean and 14 athletes will travel to Austin, Texas for the 53rd annual NCAA outdoor track championships June 7 and 8 on the campus of the University of Texas.

Bean feels his biggest batch of NCAA qualifiers yet could finish even higher than last year, when a group of eight athletes finished 13th in the nation.

But the cautious coach quickly pointed out, "Past performances by us, or anyone else for that matter, don't decide what happens in the NCAA championship meet. It all depends on how well a school does on those few days."

"We have several people who have a good shot at All-American honors," he added, "and we have a number of people who are capable of scoring in the meet."

Leading the group that helped Western capture its 11th straight Ohio Valley Conference track championships is four-time NCAA All-American shot putter Jesse Stuart.

The junior from Glasgow placed second in both the 1974 indoor championship and last year's NCAA outdoor meet. The 6-2, 240-pounder has thrown the 16-pound shot 64-5½ during the outdoor campaign and 67-4½ during the indoor season.

Tony Staynings, a freshman from Bristol, England, has qualified in three events. In the Dogwood Relay on March 13, he placed second in the 3000-meter steeplechase with a time of 8:40.6, only one-tenth second short of the American freshman record.

He also met the NCAA standards in both the three-mile and six-mile runs. His time of 13:14.4 in the three-mile run is the third best time by a collegian this season.

"Staynings is having an outstanding outdoor season," said Bean. "Tony is nationally ranked in both the steeplechase and the three-mile run."

Two other natives of Bristol, England, Nick Rose and Chris Ridler, have surpassed the 13:50.0 standard in the three-mile run. Rose has covered the distance in 13:15.9 while Ridler's best time is 13:44.1.

Rose, a cross-country All-American, has also qualified in the mile run. He was the OVC's mile champion in a record-setting time of 4:02.6.

Ross Munro, a junior from Canada, is also a double qualifier. His time of 4:03.5 in the mile is a personal best and is under the NCAA standard. His best time of 13:40.2 in the three-mile run is almost a full ten seconds under the NCAA qualifying mark of 13:50.0.

Western has three people that qualified in the 100-yard dash. Senior Bobby Ware has sprinted the short distance in 9.4 seconds and also posted a wind-aided time of 9.2. Teammates Robert Dudley and Virgil Livers have equalled the standard time of 9.5.

Outlook for 1974 NCAA Outdoor Track Championship (Cont.)

Ware also has met the standard in the 220-yard dash when he covered the curve in a time of 21.2. The three join Donald Thornton to make up the qualifying 440-yard relay team that has a 40.6--second performance this season.

In the field events, Emmett Briggs and Chuck Durrant have qualified for the meet. Briggs, a junior from Franklin, has jumped 24-8 and 51-5 3/4 in the long jump and triple jump, respectively.

Durrant was the OVC's high jump champion for the second year in a row. He cleared the bar at 6-11 1/4 to set a conference and school record.

Bean has petitioned the NCAA rules committee to qualify three other Hilltoppers. They are javelin thrower Larry Prochazka and half-milers David Jagggers and Louis DeFreeze. Prochazka has thrown the spear 239-5 1/2, which surpassed the NCAA standard of 238-0, but his throw came after Bean had sent his entries in.

Jagggers was the OVC's 880-yard run champion with a time of 1:49.9. DeFreeze was just behind his teammate when he covered the distance in 1:50.1. Both marks barely missed the NCAA standard of 1:49.8.

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JERRY BEAN

Head Track Coach

Coach Jerry Bean is in his third year as head coach of track and field at Western Kentucky University. His 1972, 1973 and 1974 teams won the Ohio Valley Conference championships and kept WKU's string of consecutive OVC titles intact at 11. Bean was selected OVC "Track Coach of the Year" for each of the past three seasons and was recently appointed to the charter committee for Track and Field Hall of Fame, being formed in Charleston, W. Va.

In the past two and a half years at Western, Bean has produced three All-Americans in track and field and five in cross-country. He has brought considerable national recognition to track at Western. In 1973 the Hilltoppers finished 13th in both indoor and outdoor competition in the University Division of the NCAA national championships. Track and Field News rated the Hilltoppers 13th nationally in dual meet strength in 1973.

Before coming to Western in June, 1971, Bean was head coach at Hastings (Neb.) College. His 1971 outdoor NIAC championship, added to the three OVC titles, brings his personal record to four consecutive years of first-place finishes. Bean was elected NAIA Coach of the Year for his district in 1971 and developed six NAIA All-Americans during his four years' tenure at Hastings.

Before going to Hastings, Bean spent two years at Coe College in Cedar Rapids, Iowa. Prior to that he spent five years in the high school ranks in Nebraska and Iowa. He was selected Nebraska high school "Coach of the Year" in 1963.

A native of Red Cloud, Neb. Bean graduated from the University of Nebraska in 1960 and received his master's degree from the University of Northern Colorado in 1964. He is currently a candidate for the doctoral degree at Northern Colorado. He is married to the former Diana Kay Gazdik.

LLOYD KOLKER
Assistant Track Coach

The showing of a good coach is the success of his athletes. If that statement is a true one, Western's first-year assistant track coach Lloyd Kolker is heading in the right direction.

After joining the Hilltopper staff in 1973, Kolker has coached the field events and worked in cooperation with Head Coach Jerry Bean in the sprints and relays.

During the recent Ohio Valley Conference Championships, his field athletes had a very strong showing. Chuck Durrant won the high jump, Larry Prochazka won the javelin and Emmett Briggs placed second in the triple jump.

"We feel very fortunate to get a young man of Lloyd's coaching and teaching ability," said Bean, "as well as one with his academic background and high standards. He is a fine leader and an outstanding field-event coach, which was proven in our conference meet."

Kolker was the head coach at Sioux Falls (S.D.) College for four years before coming to Western. During his stay at Sioux Falls, he took the last-place team in the conference and brought it to the top in four years. Starting with a 12-man squad, almost no equipment and no track, he developed a team of 31 men and won the conference title his last year there.

During that time, 25 outdoor school records were broken at least twice and 28 indoor records were broken. In cross-country, he took a partial squad and built them into a 12-man team which was second in the conference. Kolker produced an All-American in the high jump and had a two-mile walker who ranked fourth in the nation.

The first-year coach is a graduate of Westmar College in LeMars, Iowa, and holds the master's degree from South Dakota State. He also teaches in Western's Department of Physical Education and Recreation.

WESTERN KENTUCKY UNIVERSITY
Track Coaching Staff



JERRY BEAN
Head Coach



LLOYD KOLKER
Assistant Coach

WESTERN KENTUCKY UNIVERSITY

1974

NCAA Outdoor Qualifiers

NCAA Qualifier: NICK ROSE

Events: Three-Mile Run
Mile Run

Personal Best: Mile (3:58.4)
Two-Mile (8:44.0)
Three-Mile (13:14.2)
Six-Mile (31:05.0)

WT: 130

HT: 5-9

Age: 22

Class: Junior

Hometown: Bristol, England

Major Subject: Undecided

High School: Merrywood Grammar
School

HS Coach: Dave Jennings

Accomplishments:

1972 NCAA Cross-Country ninth place

1973 NCAA Cross-Country second place

1973 NCAA Indoor third place
(two-mile)

1973 NCAA Outdoor sixth place
(three-mile)

1974 NCAA Indoor fifth place
(three-mile)

Three time NCAA All-American

Ranked No. 1 in United Kingdom in
the mile run in 1973 (outdoor)

Ranked No. 5 in United Kingdom in
the 5000-meter in 1973 (outdoor)

1972 OVC's Co-Mile Champion

1973 OVC's Mile Champion

1973 OVC's Three-Mile Champion

Only double winner in OVC champion-
ships in 1973

OVC Track Athlete of the Year in
1973

1974 OVC's Mile Champion

OVC's mile record holder (4:02.6)

OVC's three-mile record holder

(13:19.8)

Western's mile record holder
(3:58.4)

Western's two-mile record holder
(8:53.0)

Western's three-mile record holder
(13:14.2)

Tenth best mile performance by a
Collegian in 1973 (3:58.4)

Eighth best three-mile performance
by a Collegian in 1973 (13:14.2)

Ranked No. 4 in the three-mile on
Track and Field News' Collegiate
List (June 1) (13:15.9)

First freshman in Western's history
to received All-American honor
in 1972

Nick Rose qualified for the
three-mile run at the third annual
Tom Black Classic on May 11. He ran
the distance in 13:15.9 to place
second behind teammate Tony
Staynings.

Rose then surpassed the NCAA
standard for the mile in the Ohio
Valley Conference Championships on
May 18 at Murray, Ky. He won the
mile with a league record time of
4:02.6. It was the third year in a
row that he was the OVC's mile
champion.

During the outdoor season, Rose
ran the mile event four times and
never was defeated. He also ran the
three-mile event three times and was
defeated only by teammate Tony
Staynings in one of the races.

NCAA Qualifier: TONY STAYNINGS
Events: 3000-meter Steeplechase
Three-Mile Run
Six-Mile Run

Personal Best: Mile (4:08.0)
Three-Mile (13:14.4)
Six-Mile (28:27.8)
Steeplechase (8:40.6)
880 Run (1:54.7)
3,000 Meters (7:58.4)

WT: 124
HT: 5-6½
Age: 20
Class: Freshman
Hometown: Bristol, England
High School: St. Bernedette
HS Coach: Ivor Edmonds

Accomplishments:

World (Age 17) Record Holder in
10,000 meters (29:56.4)
Member of Great Britain's Cross-
Country international team
Member of Great Britain's junior
international track team
Great Britain's junior record holder
in steeplechase (8:51.0)
Western's six-mile record holder
(28:27.8)
Western's steeplechase record holder
(8:40.6)
Ranked No. 4 in the steeplechase on
Track and Field News' Collegiate

List (June 1) (8:40.6)
Ranked No. 3 in the three-mile on
Track and Field News' Collegiate
List (June 1) (13:14.4)

Tony Staynings first qualified
for the three-mile run in a double
dual meet against Memphis State and
Murray State. He won the event with
a time of 13:26.4. He lowered his
best time to 13:14.4 when he won the
event at the Tom Black Classic on
May 11, defeating teammate Nick Rose
and Neil Cusack of East Tennessee,
this year's Boston Marathon winner.

Staynings surpassed the NCAA
standard of 9:00.0 in the 3000-meter
steeplechase when he placed second
to All-American Doug Brown of Tennes-
see in the Dogwood Relays on April
13. His time of 8:40.6 was only
one-tenth of a second short of the
American freshman record.

Staynings qualified for the six-
mile event in the Southern Cup
Invitational at Memphis on May 25.
He won the event with a time of
28:27.8, well under the NCAA
standard of 29:05.0.

NCAA Qualifier: Chuck Durrant
Event: High Jump

Personal Best: High Jump (6-11¼)
WT: 167
HT: 6-0
Age: 20
Class: Sophomore
Hometown: Portland, Michigan
Major Subject: Physical Education
and Biology
High School: Portland High School

Accomplishments:

Former Mich. High School state
champion in high jump

1973 OVC's High Jump Champion
1973 NCAA Outdoor finalist
(high jump)
1974 OVC's High Jump Champion
OVC's high jump record holder (6-11¼)
Western's high jump record holder
(6-11¼)

Chuck Durrant qualified for the
NCAA Championships in the high jump
in the Ohio Valley Conference Champ-
ionships on May 18. He won the
event for the second year in a row
with a school and Conference record
height of 6-11¼.

NCAA Qualifier: JESSE STUART

Event: Shot Put

Personal Best: Shot Put (67-4½)
WT: 240
HT: 6-2
Age: 23
Class: Junior
Hometown: Glasgow, Kentucky
Major Subject: Recreation
High School: Glasgow High School

National High School shot put record holder (73-11½ outdoor) and (71-11 indoor)
Ky. High School state champion in shot put
Winner of USA-Russia Indoor Meet in 1972
Fourth place in 1973 World Student Games (shot put)

Accomplishments:

1974 NCAA Indoor second place (shot put)
1973 NCAA Outdoor second place (shot put)
1973 NCAA Indoor second place (shot put)
1971 NCAA Outdoor fourth place (shot put)
Four time NCAA All-American
1974 OVC's shot put champion
1973 OVC's shot put champion
OVC's shot put record holder (64-2)
Western's shot put record holder (66-4½ outdoor) and (67-4½ indoor)
Second best shot put performance by a Collegian in 1973
Ranked No. 3 in the shot put on Track and Field News' Collegiate List (June 1) (67-4½)

Jesse Stuart qualified for the NCAA Championships in his second meet of the outdoor season. In a home meet against Northwestern University on March 30, Jesse threw the shot 60-5½ to surpass the NCAA standard of 59-0.

His best throw in the outdoor season so far is 66-2. That was the distance which placed him third in the USTFF on June 1. His personal best of 67-4½ came at the 1974 NCAA Indoor Track Championships in Detroit on March 8.

Stuart has won the shot put event in such prestigious meets as the Dogwood Relays, Memphis State Invitational, Kansas Relays and the Drake Relays.

NCAA Qualifier: EMMETT BRIGGS

Events: Triple Jump
Long Jump

Personal Best: Long Jump (25-1)
Triple Jump (51-11)
WT: 165
HT: 6-3
Age: 21
Class: Junior
Hometown: Franklin, Ky.
Major Subject: Mass Communications and Recreation
High School: Franklin Simpson HS
HS Coach: Mike Owen

Ninth best triple jump performance by a collegian in 1973
Ky. High School's triple jump record holder (47-5)

Accomplishments:

Ky. High School state champion in long jump and triple jump
Won the state's triple jump title twice
1973 NCAA Outdoor fifth place (triple jump)
1972 OVC's triple jump champion

Emmett Briggs qualified for the triple jump in the very first meet of the outdoor season. In the Memphis State Invitational on March 23, he jumped 50-1 to place third. His season best of 51-5 ¾ came in the Ohio Valley Conference Championships on May 18, when he placed second behind All-American Tommy Haynes of Middle Tennessee.

Briggs equalled the NCAA standard of 24-8 in winning the long jump competition in a double dual meet against Memphis State and Murray State on April 6.

NCAA Qualifier: Bobby Ware

Events: 100-yard Dash
220-yard Dash
440-yard Relay

Personal Best: 100 (9.2w)
220 (20.9)

WT: 160

HT: 5-9

Age: 24

Class: Senior

Hometown: Cleveland, Ohio

Major Subject: Recreation

High School: Glenville High School
Cleveland, Ohio

Junior College: Cuyahoga Community
College (Cleveland)

Accomplishments:

Former Ohio State High School
Champion in the 100- and 220-yard
dash events

Junior College All-American

1972 NJCAA third place (100 dash)

1973 NCAA Indoor semi-finalist in
60-yard dash

1974 NCAA Indoor semi-finalist in
60-yard dash

1973 OVC's 100-yard Dash Champion
Western's 100-yard dash record
holder (9.3)
Western's 220-yard dash record
holder (20.9)

Bobby Ware qualified for the NCAA
Championships in his first meet of
the outdoor season. In the Memphis
State Invitational on March 23, he
won the 100-yard dash with a time of
9.4.

His next time out, Ware won the
100-yard dash with a wind-aided time
of 9.2 in a home meet against North-
western University on March 30. It
was the fastest time ever recorded
by a Hilltopper sprinter.

He equalled the NCAA standard of
21.2 in the 220-yard dash in the
Ohio Valley Conference Championship
on May 18, finishing second.

NCAA Qualifier: Ross Munro

Events: Three-Mile Run
Mile Run

Personal Best: Mile (4:03.5)
Three-Mile (13:40.2)
Six-Mile (30:11.0)
880 Run (1:55.0)

WT: 140

HT: 5-9

Age: 21

Class: Junior

Hometown: Edmonton, Canada

High School: Victoria High School
Edmonton, Canada

HS Coach: Ernie Westerhove

Accomplishments:

An seven times Canadian Junior
Champion in cross-country and
1500-meter Run

Member of Canadian international
track team in 1971

Ross Munro surpassed the NCAA
standard of 13:50.0 in the three-
mile run in a double dual meet
against Memphis State and Murray
State on April 6. His time of
13:42.6 placed him third. He dropp-
ed his best time to 13:40.2 in the
Tom Black Classic on May 11.

Munro qualified for the mile run
in the Ohio Valley Conference Champ-
ionships on May 18 at Murray, Ky.
His time of 4:03.5 was a personal
best and placed him second to team-
mate Nick Rose.

NCAA Qualifier: Chris Ridler
Event: Three-Mile Run

Personal Best: Mile (4:05.2)
Two-Mile (8:37.0)
Three-Mile (13:44.1)
Six-Mile (29:34.0)
880 Run (1:55.1)
3000-Meters (7:58.7)

WT: 143
HT: 5-9
Age: 21
Class: Sophomore
Hometown: Bristol, England
Major Subject: Physical Education
High School: Henbury Comprehensive
HS Coach: Dave Jennings

Accomplishments:

1973 NCAA Cross-Country tenth place
One time NCAA All-American
Second freshman in Western's history
to received All-American honor in
1973

Chris Ridler qualified for the
three-mile run in the Southern Cup
Invitational on May 25. He tied
teammate Nick Rose for first place
with a time of 13:44.1.

NCAA Qualifier: Virgil Livers
Events: 100-yard Dash
440-yard Relay

Personal Best: 100 (9.5)
220 (21.6)

WT: 176
HT: 5-9
Age: 22
Class: Junior
Hometown: Fairfield, Ky.
Major Subject: Physical Education
and Psychology
High school: Nelson County HS
HS Coach: Joe Jagers

team in 1973

Four sports lettermen in high school
Nelson County High School's 100- and
220-yard dash record holder

Virgil Livers equalled the NCAA
standard of 9.5 in the 100-yard dash
in the Ohio Valley Conference Champ-
ionships on May 18, placing sixth.

Livers joined Bobby Ware, Robert
Dudley and Donald Thornton in the
440-yard relay. They qualified for
the NCAA Championships with a time
of 40.6 in winning the Dogwood Relay
on April 13.

Accomplishments:
Member of Western NCAA College
Division II runner-up football

NCAA Qualifier: Robert Dudley
Events: 100-yard Dash
440-yard Relay

Personal Best: 100 (9.2w)
220 (20.5)

WT: 145
HT: 5-6
Age: 24
Class: Junior
Hometown: Cleveland, Ohio
High School: Eastern Newberry HS
Cleveland, Ohio
Junior College: Cuyahoga Community
College (Cleveland)

1972 NJCAA fifth place (100 dash)
1972 NJCAA fourth place (220 dash)
Former member of All-Marine team
Former member of All-Services team

Robert Dudley equalled the NCAA
standard of 9.5 in the 100-yard dash
in the Dogwood Relays in Knoxville,
Tenn. on April 13.

Dudley joined Virgil Livers,
Bobby Ware and Donald Thornton in
the 440-yard relay. They qualified
for the NCAA Championships with a
time of 40.6 in winning the Dogwood
Relays on April 13.

Accomplishments:
Recorded Ohio State's High School
best times in the 100 (9.6) and
220 (21.4) his senior year

NCAA Qualifier: Larry Prochazka
Event: Javelin

Personal Best: Javelin (239-5 $\frac{1}{2}$)

WT: 200

HT: 6-4

Age: 21

Class: Junior

Hometown: Atwood, Kansas

Major Subject: Recreation

High School: Atwood High School

HS Coach: David Stonebraker

Junior College: Garden City
Community College

JC Coach: Dale Meadors

Accomplishments:

1974 OVC's Javelin Champion
Western's javelin record holder
(239-5 $\frac{1}{2}$)

Larry Prochazka threw the spear
239-5 $\frac{1}{2}$ which surpassed the NCAA
standard of 238. The qualifying
throw won him first place in the
Southern Cup Invitational on May 25
at Memphis, Tenn.

Breakdown
of
Western Kentucky University
NCAA Qualifiers

100

Bobby Ware
Robert Dudley
Virgil Livers

Six-Mile

Tony Staynings

Steeplechase

Tony Staynings

220

Bobby Ware

High Jump

Chuck Durrant

Mile

Nick Rose
Ross Munro

Long Jump

Emmett Briggs

Triple Jump

Emmett Briggs

Three-Mile

Nick Rose
Ross Munro
Chris Ridler
Tony Staynings

Shot Put

Jesse Stuart

Javelin

Larry Prochazka

Total No. of Athletes: 11
Total No. of Events: 11
Freshmen: 1
Sophomores: 2
Juniors: 7
Seniors: 1

1974 WESTERN KENTUCKY UNIVERSITY TRACK BEST TIMES

<u>Time/Distance</u>	<u>Date</u>	<u>Time/Distance</u>	<u>Date</u>
<u>100-yard Dash (9.5 NCAA Standard)</u>		<u>440-yard Intermediate Hurdles (52.0)</u>	
Bobby Ware 9.25(w)	3-30	Bobby Payne 56.2	4-20
Robert Dudley 9.5	4-13	Scott King 58.1	4-6
	5-18		
Virgil Livers 9.5	5-18	<u>3000-Meter Steeplechase (9:00.0)</u>	
Dwight Grooms 9.8	4-20	Tony Staynings 8:40.6	4-13
		Steve Smith 9:40.1	3-23
<u>220-yard Dash (21.2)</u>		Joe Tinius 9:40.1	3-23
Bobby Ware 21.2	5-1		
	5-18	<u>440-yard Relay (41.0)</u>	
Robert Dudley 21.5	5-17	Ware, Thornton,	
Virgil Livers 21.7	5-1	Dudley and Livers 40.6	4-13
Dwight Grooms 21.7	5-18		
<u>440-yard Dash (47.0)</u>		<u>Mile Relay (3:11.5)</u>	
Donald Thornton 47.9	5-1	Bartling, DeFreeze,	
Louis DeFreeze 47.9(r)	4-6	Jaggers and Thornton 3:13.4	5-18
Harry Bartling 48.6	5-18		
David Jaggers 48.8(r)	4-13	<u>High Jump (6-11)</u>	
		Chuck Durrant 6-11 $\frac{1}{4}$	5-17
<u>880-yard Dash (1:49.8)</u>		Craig Tonnemacher 6-9	5-1
David Jaggers 1:49.9	5-18	Ron Kuhn 6-5	5-11
Louis DeFreeze 1:50.1	5-18		
Swag Hartel 1:52.9	5-1	<u>Long Jump (24-8)</u>	
Nick Rose 1:52.9	5-1	Emmett Briggs 24-8	3-30
Joe Tinius 1:54.1	4-20	Audrey Johnson 23-0	3-23
<u>Mile Run (4:04.0)</u>		<u>Pole Vault (16-3)</u>	
Nick Rose 4:02.6	5-18	Bobby Sandidge 14-6	5-18
	5-1	Mark Norsworthy 13-6	5-1
Ross Munro 4:03.5	5-18		
Tony Staynings 4:08.0(r)	5-1	<u>Shot Put (59-0)</u>	
Joe Tinius 4:09.7	5-18	Jesse Stuart 67-4 $\frac{1}{2}$ (Indoor)	3-8
Chris Ridler 4:12.0	5-11	66-2	6-1
		Doug Langdon 47-9	3-20
<u>Three-Mile Run (13:50.0)</u>			
Tony Staynings 13:14.4	5-11	<u>Discus (175-0)</u>	
Nick Rose 13:15.9	5-11	Doug Langdon 167-3	4-20
Ross Munro 13:40.2	5-11	Jesse Stuart 157-0	5-1
Chris Ridler 13:44.1	5-25	Lynn Granay 131-2 $\frac{1}{2}$	4-6
Joe Tinius 14:19.0	5-11		
Steve Smith 14:39.0	4-6	<u>Javelin (238-0)</u>	
		Larry Prochazka 239-5 $\frac{1}{2}$	5-25
<u>Six-Mile Run (29:05.0)</u>		Chuck Durrant 175-10	5-1
Tony Staynings 28:27.8	5-25		
Chris Ridler 29:34.0	3-23	<u>Triple Jump (50-0)</u>	
Steve Smith 31:10.4	3-30	Emmett Briggs 51-5 $\frac{3}{4}$	5-18
Ross Munro 31:36.2	5-25	Kenny Waller 48-9 $\frac{3}{4}$	5-11
		Audrey Johnson 47-9 $\frac{1}{2}$	5-18
<u>120-yard High Hurdles (13.9)</u>			
Bobby Payne 14.3	3-30	<u>Four-Mile Relay</u>	
	5-11	Tinius, Staynings,	
Joey Amnerman 14.9	4-20	Munro and Rose 16:25.5	4-27
Tim Lawrence 15.2	3-23		

WESTERN KENTUCKY UNIVERSITY

Track Records

100-yard Dash: 9.3 Bobby Ware, 1974
220-yard Dash: 20.9 Bobby Ware, 1973
440-yard Dash: 47.4 Fran Smith, 1966
880-yard Run: 1:49.9 David Jagers, 1974
Mile Run: 3:58.4 Nick Rose, 1973
Two-Mile Run: 8:53.0 Nick Rose, 1973
Three-Mile Run: 13:14.2 Nick Rose, 1973
Six-Mile Run: 28:27.8 Tony Staynings, 1974
120-yard High Hurdles: 14.3 Bobby Payne, 1974
Ken Gagan, 1969
Mickey Brown, 1965
440-yard Intermediate Hurdles: 50.7 Mike Yates, 1973
440-yard Relay: 40.6 Bobby Ware, Donald Thornton, Robert Dudley and
Virgil Livers, 1974
880-yard Relay: 1:27.7 Harry Bartling, Virgil Livers, Donald Thornton
and Robert Dudley, 1974
Mile Relay: 3:11.5 Merrill Clark, Butch Holden, Roy Turner and
Fran Smith, 1966
Two-Mile Relay: 7:39.6 Tim Gray, Tim Harry, Hector Ortiz and
Darrell Myers, 1970
Sprint Medley: 3:25.4 Roy Turner, Merrill Clark, Roger Naylor and
Fran Smith, 1966
Distance Medley: 9:44.3 Harry Bartling, David Jagers, Ross Munro
and Nick Rose, 1974
Four-Mile Relay: 16:25.6 Joe Tinius, Tony Staynings, Ross Munro and
Nick Rose, 1974
3000-Meter Steeplechase: 8:40.6 Tony Staynings, 1974
High Jump: 6-11 $\frac{1}{4}$ Chuck Durrant, 1974
Long Jump: 26-7 $\frac{3}{4}$ Henry Jackson, 1970
Triple Jump: 52-2 $\frac{3}{4}$ Henry Jackson, 1969
Pole Vault: 16 $\frac{1}{2}$ Henry Wadsworth, 1965
Shot Put: 66-4 $\frac{1}{2}$ Jesse Stuart, 1973
Discus: 192-2 Chuck Eneix, 1973
Javelin: 239-5 $\frac{1}{2}$ Larry Prochazka, 1974
Decathlon: 6,553 Cecil Ward, 1973

